

Self Help Resources – Useful sites & Information

Relationship Issues (including housemates)

Students In The Community Guide offers tips on how to get on with neighbours and engage with the local community, and gives advice on staying safe and healthy when living in a house for the first time.

In English

www.undebbangor.com/voice/campaigns/studentsinthecommunity/

In Welsh

cy.undebbangor.com/eichllais/ymgyrchoedd/myfyrwrynygymuned/

How to get over someone fast and get over the agony of a breakup

www.professional-counselling.com/how-to-get-over-someone.html

Relationship help – Relate – offers a range of services to help with couple and family relationships, whether young or old, straight or gay, single or in a relationship.

www.relate.org.uk/relationship-help

Falling out with a Friend – Some good advice on what to do.

www.young.scot/information/relationships/falling-out-with-a-friend/

Forced Marriage.net is a one-stop website that provides practical information and sources of advice and help on forced marriage.

www.forcedmarriage.net/home.html

Last updated: Sept 2017